



Chicken and Waffles

READY IN



100 min.

SERVINGS



4

CALORIES



1060 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1 cup egg wash
- ☐ 4 waffles
- ☐ 1 tablespoon hot sauce
- ☐ 1 tablespoon kosher salt
- ☐ 1 cup syrup
- ☐ 1 cup the flour seasoned white all-purpose 1 teaspoon salt, 1 pinch celery salt, 1 teaspoon pepper
- ☐ 4 skin-on chicken breasts and thighs bone-in
- ☐ 4 tablespoons butter unsalted at room temperature

☐ 0.3 cup vegetable oil

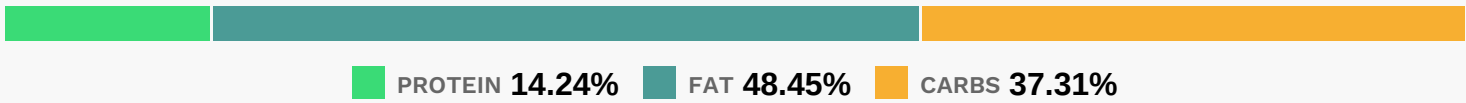
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ deep fryer

Directions

- ☐ Preheat the oven to 170 degrees F.
- ☐ In a bowl, whisk together the butter and hot sauce, mixing well, then allow the butter to set for 20 minutes.
- ☐ To prepare the chicken, toss the chicken with the oil, salt and pepper, mixing well. Once mixed, bake for 1 hour 15 minutes.
- ☐ Once cooked, remove and allow the chicken to cool. Preheat the deep fryer to 375 degrees F.
- ☐ After cooling the chicken, dredge in the seasoned flour, then the egg wash and finally the flour again. Once breaded, fry until crisp, 4 to 5 minutes.
- ☐ Remove from the fryer and allow excess grease to drip of the cooked chicken. Butter the waffles with the reserved butter. Then place the chicken over the waffles, finish with the syrup and serve.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:17.31, Inflammation Score:-7, Nutrition Score:26.698695794396%

Nutrients (% of daily need)

Calories: 1060.17kcal (53.01%), Fat: 58.79g (90.44%), Saturated Fat: 18.61g (116.3%), Carbohydrates: 101.88g (33.96%), Net Carbohydrates: 100.48g (36.54%), Sugar: 52.05g (57.83%), Cholesterol: 406.8mg (135.6%), Sodium: 2295.43mg (99.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.88g (77.75%), Selenium: 56.43µg (80.62%), Vitamin B3: 10.76mg (53.78%), Phosphorus: 496.4mg (49.64%), Vitamin B2: 0.81mg (47.83%), Vitamin

B6: 0.83mg (41.66%), Vitamin B1: 0.54mg (35.88%), Vitamin B12: 2.12µg (35.32%), Iron: 5.88mg (32.64%), Folate: 122.28µg (30.57%), Vitamin K: 30.24µg (28.8%), Vitamin A: 1330.97IU (26.62%), Vitamin B5: 2.56mg (25.62%), Zinc: 3.01mg (20.07%), Calcium: 195.22mg (19.52%), Manganese: 0.32mg (16.18%), Vitamin E: 2.41mg (16.06%), Potassium: 458.64mg (13.1%), Magnesium: 48.91mg (12.23%), Vitamin D: 1.6µg (10.7%), Copper: 0.17mg (8.68%), Fiber: 1.4g (5.6%), Vitamin C: 2.43mg (2.95%)